

Andrea Thatcher has worked as a Personal Trainer since 1994 and has been teaching and certifying Personal Trainers since 2000. She developed Practical Anatomy and Movement " A Guide for Personal Trainers after years of teaching anatomy to thousands of new trainers. This comprehensive, illustrated workbook provides a clear, and easy to understand approach to anatomy as it applies to Personal Trainers. The second edition includes:

- An in-depth overview of anatomical terms
- Detailed reference charts including joint actions and working muscles
- Clear illustrations of commonly exercised muscles
- A guide to the insertions and origins of major muscle groups
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Each volume contains a Study Guide Section to ensure maximum retention of Muscular Anatomy ensuring success in the practical application of Muscular Anatomy in every Personal Training.

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